

WORLD MATERNAL MENTAL HEALTH DAY MAY 6TH/2020

Ways to build awareness and get involved:

1. Get outside and get your creativity flowing through participating in 'Walk the Chalk'. In Canada and worldwide, 20% of women and 10% of men suffer from a perinatal mental illness. Perinatal Mood and Anxiety Disorders (PMADs) are the most common obstetrical complication making it a significant public health concern. On May 6th World Maternal Mental Health Day, we invite you to decorate your sidewalk with chalk art then walk the chalk in your community to raise awareness and show your support.

- **Consider snapping and sharing a picture of your chalk art, and posting in the comments below! Ideas: blue/green hearts to signify maternal mental health, #maternalMHmatters, #perinatalMHmatters, #nowmorethanever**

2. Consider signing and sharing Canadian Perinatal Mental Health Collaborative's Petition for a National Strategy for Perinatal Mental Health Care in Canada (<https://cpmhc.ca/sign-our-petition-by-march-28-2020/>). Canadian Perinatal Mental Health Collaborative is seeking your support in creating a national perinatal mental health strategy that will provide direction, policy, and funding to develop specialized, comprehensive perinatal mental health care services which include universal screening and timely access to treatment for all women and men during pregnancy and the postpartum period. **Share and sign the petition by May 3, 2020**, use the hashtag #maternalMHmatters and #perinatalMHmatters on social media.

3. Join Canadian Perinatal Mental Health Collaborative's World Maternal Mental Health Day virtual campaign. See: <https://www.facebook.com/canadianperinatalmentalhealthcollaborative/> for other video submissions and ideas. Canadian Perinatal Mental Health Collaborative will be posting videos until May 6th (World Maternal Mental Health Day), and will also include your video in a special project they are working on. **Send in your 30 second video stating:**

- 1. Your name**
 - 2. Where you're from**
 - 3. Why maternal mental health matters #nowmorethanever**
- (Send videos to canpmhc@gmail.com)

4. Learn more about Maternal Mental Health and how to access support for yourself and/or others:

- Visit www.postpartum.net for the latest News, research and resources available about Pregnancy and Postpartum Mood Disorders. Telephone Support also available: **1-800-944-4773**
- Contact **HealthLine** at 811 or www.healthlineonline.ca for confidential, 24-hour health information and professional support. Services are offered in English, with translation available in over 100 languages. Healthline offers a Maternal Wellness Program, which you can be referred to through consultation with a local public health nurse.
- Contact **Mental Health Services**: 306-691-6464, support available Monday-Friday (8:00am-4:00pm), to find out more about availability of local supports and services.